

3 High Fiber Breads each
Week

All Menu Items Subject to
Change

Senior Citizen Menu

December 2016

Bread, Milk, Butter Served
Each Meal

Mon	Tue	Wed	Thu	Fri
			¹ Hot Corned Beef Slider with Swiss French Fries Coleslaw Baked Dessert	² Lemon Pepper Cod Scalloped Potatoes Spinach Fruit
⁵ Vegetable Lasagna Corn Garlic Bread Fruit	⁶ Fire Roasted Pork with Mushroom Cream Sauce Sweet Potatoes Peas Yogurt	⁷ Spinach Pie Mixed Vegetables Fruit	⁸ Stuffed Shells Broccoli Garlic Bread Apple Square	⁹ Fish Du Jour Red Potatoes Green Beans Fruit
¹² Sweet & Sour Chicken Tenders Jasmine Rice Oriental Vegetables Pineapple	¹³ Turkey Burger on a Wheat Roll Sweet Potato Fries Brussels Sprouts Pudding	¹⁴ Lasagna Italian Green Beans Garlic Bread Pudding	¹⁵ Sliced Roast Beef With Gravy Mashed Potatoes Carrots Fruited Jello	¹⁶ Crab Cakes with Dill Sauce Baked Beans Coleslaw Fruit
¹⁹ Stuffed Pepper Succotash Fruit	²⁰ Omelet Hash Brown Stewed Tomatoes Corn Bread Pudding	²¹ Vegetable Soup Egg Salad on a Multi-Grain Roll Fruit	²² Herbed Chicken Leg Pesto Rice Butternut Squash Baked Dessert	²³ Pizza Vegetable Du Jour Fruit
²⁶ Closed Christmas Holiday	²⁷ Individual Beef Pot Pie Mixed Vegetables Yogurt	²⁸ Macaroni & Cheese Stewed Tomatoes Dole Fruit Bowl	²⁹ Salisbury Steak with Gravy Baked Potato Broccoli Ice Cream Cup	³⁰ Fishwich Potato Puffs Coleslaw Box of Raisins